

# A Matter of Substance



A Publication of the IDPH  
Bureau of Substance Abuse

July 2022  
Quarterly Publication  
Bureau of  
Substance Abuse



IDPH • Lucas State Office Building • 321 East 12th St., Des Moines, IA 50319 • [www.idph.iowa.gov](http://www.idph.iowa.gov)

## 988 Suicide & Crisis Lifeline Available

The 988 Suicide & Crisis Lifeline launched on July 16, 2022, providing easy access for individuals experiencing a mental health, substance use, or suicidal crisis to connect with trained crisis counselors. The 988 Lifeline provides free, confidential crisis support by phone, text or online chat 24/7/365. Access is available through every land line, cell phone, and voice-over internet device in the United States and call services are available in Spanish, along with interpretation services in over 150 languages.

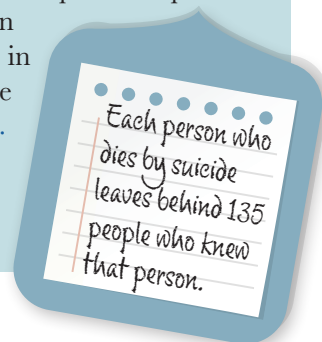
Foundation 2 Crisis Services and CommUnity Crisis Services & Foodbank are the two 988 crisis centers answering calls, texts and chats in Iowa. Their trained crisis counselors provide crisis counseling and can connect individuals to additional resources if needed.

Free promotional materials for the 988 Lifeline can be ordered from SAMHSA at <https://www.samhsa.gov/find-help/988/partner-toolkit>

## Suicide in Iowa Data Brief

Iowa ranked as the 21st highest suicide rate among all U.S. states in 2019 (AAS, 2020). In 2020, suicide was the eighth leading cause of death among all ages and the second leading cause of death among those aged 15-34 in Iowa. Suicide is many times more common than homicide in Iowa, with each suicide affecting the whole community (IDPH, 2022). As the Substance Abuse and Mental Health Services Administration (SAMHSA) describes, “Each person who dies by suicide leaves behind 135 people who knew that person.” (SAMHSA, 2022)

This Suicide in Iowa data brief describes the populations within Iowa for whom the rate of deaths by suicide increased, the estimated prevalence of suicidal ideation and attempts, and the potential points of intervention to prevent suicide in Iowa. To learn more about suicide in Iowa and other data reports, please visit this website: <https://idph.iowa.gov/Bureau-of-Substance-Abuse/Prevention-Related-Programs/Data-Publications-and-Reports>.



## We Want Your Feedback!

The Bureau of Substance Abuse is looking for feedback regarding the quarterly Matter of Substance Newsletters. Please use the link below to answer a few questions to help us ensure we are meeting your needs!

[Complete the Survey Here!](#)

## Suicide Prevention Webinar Training

In response to growing concerns about suicide, the Iowa Department of Public Health and Your Life Iowa are offering webinars focused on suicide prevention education. The next webinar is scheduled for August 4th from 8:30 - 10:30 a.m. on Suicide Safety Planning with Richard Strait. [Click here to register](#). For more information about this webinar as well as recordings from the previous webinars, please visit here. For questions, please contact Miranda Pettus at [miranda.pettus@idph.iowa.gov](mailto:miranda.pettus@idph.iowa.gov).



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Take Note



## Recovery Community Centers

In May, the Iowa Department of Public Health (IDPH) issued funding to establish the first four Recovery Community Centers (RCC) in Iowa. These community centers will be located in Polk County, Linn County, Woodbury County, and Pottawattamie County; providing services by the end of July 2022. This is the first of a number of recovery-focused efforts being taken on by IDPH in 2022 to help

individuals and families rebuild following substance use treatment. RCCs are organizations that are led and run by staff with lived experience. Services offered include recovery coaching, linkages to community resources, group meetings, and access to multiple pathways of recovery. Please keep your eyes open in the coming months for more updates on similar projects throughout Iowa.

### RECOGNIZED PILLARS OF RECOVERY

#### HOME

Recovery Housing: Iowa is working to support NARR-certified recovery homes in Iowa. <https://narronline.org/>. Recovery housing is proven to be effective in supporting long-term sustained recovery. For example, in Missouri Recovery Homes:

- ✓ 88% of people remain drug and alcohol free
- ✓ 98% of people have no arrests
- ✓ 90% of people are in stable housing
- ✓ 63% of people are employed within 6 months

#### PURPOSE

IDPH strives to assist in development of recovery-ready communities to offer support and resources to all those in or seeking recovery. Overarching priorities include:

- ✓ Health Equity
- ✓ Diversity and Inclusion
- ✓ Multiple Pathways of Recovery
- ✓ Person-centered service

#### HEALTH

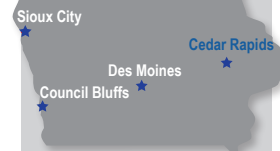
Recovery Support Services (RSS) are intended to overcome common barriers that may prevent sustained, long-term recovery. Some examples include:

- ✓ Medication for addiction recovery
- ✓ Transportation
- ✓ Clothing
- ✓ Personal hygiene items
- ✓ Education supports
- ✓ Wellness activities

#### COMMUNITY

Recovery Community Center's (RCC) provide support services for local communities. The success of RCCs is largely due to offering:

- ✓ Recovery coaches
- ✓ Support groups
- ✓ Sober living
- ✓ Recovery activities
- ✓ Employment supports



## 2021 Adult Survey on Health, Wellbeing, Substance Use, and Gambling Survey Results

The Iowa Department of Public Health would like to share the summary report of findings from the 2021 Adult Survey on Health, Wellbeing, Substance Use, and Gambling. The survey was conducted by our partners at the University of Northern Iowa. The primary purpose of this survey was to collect data from adult Iowans who were 18 years or older to assess their health and wellbeing, substance use and gambling behaviors, mental health, and risk of suicide.

To view this report, please visit <https://idph.iowa.gov/Bureau-of-Substance-Abuse/Prevention-Related-Programs/Data-Publications-and-Reports>.





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Important Information!

## Alcohol Use and Binge Drinking Data Brief

As the most commonly used substance, alcohol use continues to be a concern both in Iowa and across the United States. One pattern of alcohol use which is concerning among both adults and youth is binge drinking. To learn more about alcohol use and binge drinking in Iowa, please view the recently published Alcohol Use and Binge Drinking Data Brief. This report, data briefs and data reports can be found at the website: <https://idph.iowa.gov/Bureau-of-Substance-Abuse/Prevention-Related-Programs/Data-Publications-and-Reports>.

Note:  
Alcohol is the most commonly used substance.



## Iowa Integration Campaign

The Iowa Board of Pharmacy is pleased to announce statewide support to help healthcare providers integrate Iowa Prescription Monitoring Program (PMP) data and NarxCare analytics into approved Electronic Health Records (EHR) and Pharmacy Management System (PMS), using Bamboo Health's PMP Gateway solution. The Iowa Board of Pharmacy will cover the licensing fees associated with the integration service for providers in Iowa that elect to connect their EHR or PMS to PMP Gateway.

Integration eliminates the need for prescribers and pharmacists to navigate to the Iowa PMP website, log in, and enter their patient's information. Instead, the EHR or PMS will automatically initiate a patient query, which will return the patient's controlled substance prescription records directly within the clinical workflow inside the EHR or PMS, helping save 4.2 minutes per patient encounter.

Bamboo Health's PMP Gateway solution is already built into over 500+ EMRs, EHR, pharmacy management systems, and e-prescribing vendor tools, making integration easy.

If your organization is interested in integrating your EHR or PMS with the state PMP, please follow the steps below:

### Get Started Today:

- ✓ Authorized decision makers can get started today by visiting the [Customer Connect Portal](#).

The Iowa Board of Pharmacy looks forward to working with providers in Iowa to improve provider access to critical controlled drug prescription history information and combat the opioid crisis in the State of Iowa.

Funding for Statewide Integration is provided by the Overdose Data to Action (OD2A) Grant awarded to the Iowa Department of Public Health from the Centers for Disease Control and Prevention.

This integrated system will automatically bring up a patient's prescription records.





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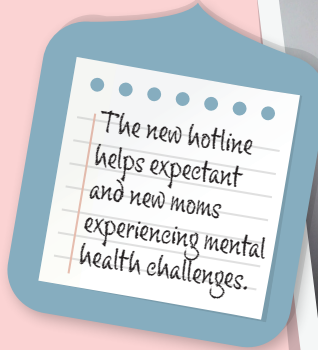
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Please Read!



## New Maternal Mental Health Hotline

This month, HRSA launched the [Maternal Mental Health Hotline](#), a new, confidential, toll-free hotline for expecting and new moms experiencing mental health challenges. Those who contact the hotline can receive a range of support, including brief interventions from trained counselors who are culturally and trauma-informed, as well as referrals to both community-based and telehealth providers as needed. Promotional materials are [available here](#).



## Family Resiliency Programs

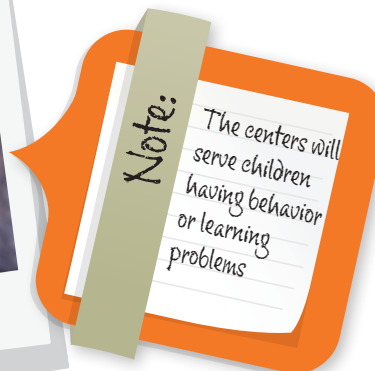
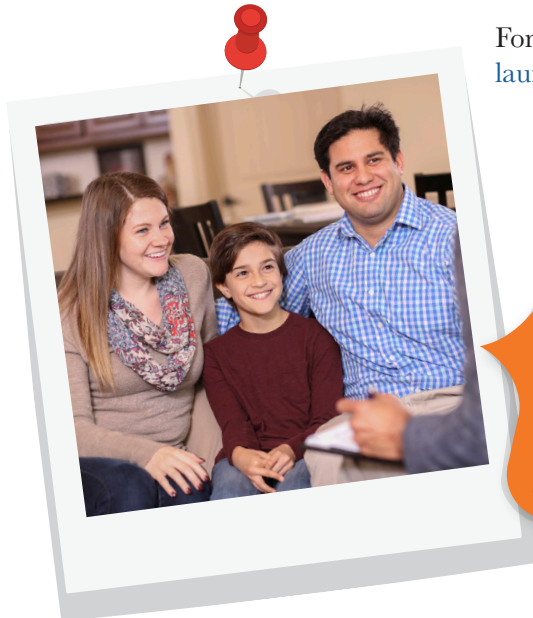
Iowa's Child and Family Assessment and Treatment Centers (CFATCs) are designed to serve children who are having behavior or learning problems. The Family Resiliency Programs are directed by Children's Justice.

Each of the Centers will provide the specialized assessment and treatment approaches that children with special problems need. As a result of a full assessment by a team of doctors, nurses and psychologists, staff at the CFATCs will produce a comprehensive treatment plan and will work with the family to assess appropriate and needed interventions.

The two centers are:

- ✓ **UnityPoint Health – Allen Hospital**  
212 W. Dale Street, Suite 102, Waterloo, Iowa 50703  
319-226-2345  
Family Navigator is Nichole LeDosquet  
Satellite office in Cerro Gordo
- ✓ **BLANK Children's Hospital STAR Center**  
4055 Westown Parkway, West Des Moines, IA 50266  
Kristen Bircher at 515-224-3378  
(to set up appointments)

For additional information contact Lauryn Muzney at [lauryn.muzney@iowacourts.gov](mailto:lauryn.muzney@iowacourts.gov).





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Take Note

## STOP Violence Against Women Program

The STOP VAWA (Violence Against Women) program at IDPH is partnering with Courageous Fire LLC. to provide **Centers of Must Training** for community organizations, churches, medical clinics, government programs, courts, and public health programs working to improve their culturally relevant response to Black survivors of Intimate Partner Violence across Iowa.

Please email Courageous Fire LLC at [cfire2019@gmail.com](mailto:cfire2019@gmail.com) with the subject line "STOP VAWA Centers of Must Training Request."

This opportunity is limited and spots are filling up quickly.



## Licensure Spotlight



### Licensure Standards FAQ

Please submit any licensure questions to [SUD.PG.License@idph.iowa.gov](mailto:SUD.PG.License@idph.iowa.gov).

#### Where can I find current lists of all the licensed substance use disorder and problem gambling treatment providers in Iowa?

The licensure team keeps the recent list of licensed providers on the bureau's website: <https://idph.iowa.gov/substance-abuse/treatment>. This list is updated monthly following the Substance Abuse and Problem Gambling Committee meetings to reflect any changes. The list is also updated if other changes occur throughout the month.

Another great resource is the facility locator on Your Life Iowa (<https://yourlifeiowa.org/facility-locator>). Once you enter the town or zip code and select the miles radius

and hit search, you can then filter the results to refine searches if needed.

As a reminder, pursuant to 641—155.17(125,135) a licensee shall submit a written request to the division to revise a license at least 30 days prior to any change of address, executive director, clinical oversight staff, facility, or licensed program services. The division will determine if the requested revision can be approved or if the change is significant enough to require the submission of an application for a license renewal by the licensee. Failing to provide this notification may result in an area of non-compliance.

As always, you can email [SUD.PG.License@idph.iowa.gov](mailto:SUD.PG.License@idph.iowa.gov) if you have a specific request or any questions.



For more information about the IDPH Bureau of Substance Abuse, visit <http://idph.iowa.gov/bh>. For questions related to "A Matter of Substance," contact editors:

- ✓ Jennifer Robertson-Hill: [jennifer.robertson-hill@idph.iowa.gov](mailto:jennifer.robertson-hill@idph.iowa.gov)
- ✓ Kayla Sankey: [kayla.sankey@idph.iowa.gov](mailto:kayla.sankey@idph.iowa.gov)
- ✓ Colleen Bush, graphic designer: [colleen.bush@idph.iowa.gov](mailto:colleen.bush@idph.iowa.gov)

